

28 April 2020

Dear Student

We are now into the sixth week of home schooling. I hope you feel you have settled into a daily routine.

A relaxation technique which you might find useful especially if you feel anxious, worried or stressed:

Breathe in through your nose, letting the air fill your tummy,  
Breathe out through your nose,  
Place a hand on your tummy and the other on your chest,  
As you breathe in, feel your tummy rise,  
As you breathe out, feel your tummy lower,  
The hand on your tummy should move more than the one that's on your chest.

Repeat several times until you feel calmer and more in control. Do this anytime anywhere.

Don't forget next Monday is a normal day, Friday 8 May being a Bank Holiday and the 75<sup>th</sup> Anniversary of VE Day, a day remembering the Victory in Europe at the end of World War II. Whilst we may not be able to celebrate or feel it is appropriate to do so in the way we would have liked, perhaps we could reflect on the hardships on the people of the United Kingdom and Europe during World War II, and how in our current situation there might be similarities, remembering those who give their time to keep us safe.

To get you in the spirit of VE Day visit <https://ve-vjday75.gov.uk/>, for ideas on how you can commemorate this day at home!

As ever, we as a school stand united within our school community. Please do continue to get in contact through the reception email as you need us.

Stay safe online together.

Cor unum, via una



Mr G Thompson  
Headteacher

